

PENNEY'S HARVEST OF PROSPERITY VALUES!

"Now Is The Time To Buy"
TO SAVE MONEY! TO SPREAD WORK! TO RAISE WAGES!
TO SPEED NATIONAL RECOVERY!

Special Purchase ---
Wool Flannel SKIRTS
Colors: Brown, Cardinal, Cocoa, Powder Blue, Guardman, Blue, Bermuda, Green, Navy.
\$1.98
Much Below Replacement Value Today!

Look, Fellows! HELMETS
with rubber-mounted, aviator goggles at only **39c**
Cavalry leatherette! Ventilated eyelets!

Men's 15% Wool Union Suits
A Penney **\$1.29**
Wonder Value
Designed for perfect fit and snug warmth. Today's replacement price would be much higher. One of those "wonder values" for which Penney's is famous. BUY NOW!

Oh, Such Warmth!
DEEP NAP DOUBLE Blankets
Full 66x80 Pairs An Excellent Value
\$2.49

Pen-Co-Naps Box of 12 - 15c
Notions!
3 yards Ribbon for.....10c
300-yard Spool J. & P. Coates Thread.....8c
150 Count Pins.....4c

Suede Jackets \$5.90
Sheepskin Coats \$4.98
Roughneck Sweaters \$2.98, \$4.98

OUTING PAJAMAS
With Real Class!
"Simply adorable"—you'll say, when you see them, and "so warm." Striped or plain colors, combined with novelty prints.
MISSES' SIZES, 98c
WOMEN'S 1101 AMOSKEAG OUTING PAJAMAS \$1.49
Dashing styles! Clever combinations of plain and printed amoskeag.

Nation-Wide Sheets 98c
81" x 99"
Tests prove their worth! For so moderate a price, they stand the wear and tear of laundering for an amazingly long time!
Cases 42" x 36"—25c

Cotton Batts
3-lb. Stitched Comfort Size 72 x 90
59c
Cretone, yd. 15c

Men's FANCY HOSE
Silk and Rayon
19c
Clever New Patterns

Men's Work Shoes
Made of black retan leather. White storm welt. Composition sole and heel. Nailed. A real Penney value. BUY NOW!
\$1.98

Boys' Brown Elk High Shoes
Lined vamp, leather midsole, composition sole and heel. Nailed.
\$1.98

1269 Sartori Avenue TORRANCE **J.C. PENNEY CO. Inc.** 1269 Sartori Avenue TORRANCE

Denies Plot



Alice White, petite film star, as she appeared before a Los Angeles grand jury the other day to deny knowledge of an asserted plot to disfigure John Warburton, British actor. Two handis, held by police, allegedly implicated Miss White in the asserted plot.

Flannery Wins Cup At Western Avenue

Bill Flannery defeated Claude Beyers for the president's cup in the final playoff for the season at the Western Avenue Public Golf course, Saturday, October 7.

New Manager Takes Over Mayfair Apts.

Mrs. A. Lormor, who has had extensive experience in operating exclusive apartment buildings in eastern cities, has taken over the active management of the Mayfair Apartments, 2014 Torrance boulevard. The Mayfair has been newly decorated, and has a fine selection of both single and double apartments.

Torrance Herald

With Which Is Consolidated the Lomita News
Published Every Thursday
GROVER C. WHYTE, Editor-Publisher
1336 El Prado, Telephone Torrance 444
Torrance, California

MEMBER California Newspaper Publishers Association
MEMBER United Press Associations

Subscription Rates In Advance
Anywhere in Los Angeles County.....\$2.00 per year
Anywhere in the U. S. Outside of Los Angeles County.....\$3.00 per year
Canada and Other Foreign Countries.....\$6.00 per year
Single Copies.....5c

OFFICIAL PAPER OF THE CITY OF TORRANCE
Adjudicated a Legal Newspaper of Los Angeles County, Superior Court Case No. 218470, Dated March 22, 1927.

PRICES LIKE THESE

Make Shopping at A&P a Real Pleasure.

RED CIRCLE COFFEE lb. 19c
EIGHT O'CLOCK COFFEE lb. 17c
B O K A R COFFEE lb. 25c

PURE CANE SUGAR 10 lbs. 47c

Oxydol "THE COMPLETE HOUSEHOLD SOAP" large pkg. 20c
Monogram Eggs U. S. EXTRAS LARGE doz. 25c
Nucoa Margarine lb. 10c

SALAD DRESSING RAJAH pint jar 15c quart 25c

Van Camp's Beans can 5c
Tomato Juice CAMPBELL'S can 6c
Extra Fancy Rice CALIFORNIA BULK pound 5c

IONA PEACHES HALVES or SLICED No. 2 1/2 can 10c

Jell-O Dessert ALL FLAVORS 3 pkgs. 20c
Baker's Cocoa 1-lb. can 20c
Tomatoes IONA No. 2 1/2 can 9c

TOWN TOPIC FLOUR 10-lb. sack 40c 24 1/2-lb. sack 80c

VISALIA AVOCADOS OUT OF DEPRESSION
VISALIA, Calif. (U.P.)—The avocado "depression" apparently was ended here today. The city's famous avocado tree, growing next door to the fire station, bore no fruit last year, despite the anxious care bestowed on it by firemen. This year, however, the crop promised to be the largest in years.

Outdoor Exercise Called Best; Take It Daily While Reducing

Muscles Should Be Used Regularly During the Diet and After, Says Dr. Wynne
This is the fifth of a series of articles on weight control by Dr. Wynne.
By Dr. Shirley W. Wynne, Commissioner of Health, New York City

SLIMMING DIET

Here is the fifth of a series of suggested weight reducing diets prepared for this paper by Dr. Wynne. Each diet provides about 1200 calories daily. Calculate your calories as shown in the first article of this series, and adjust the diet to your needs by taking smaller or larger portions of the food indicated in plain type. Do not change the quantities of the foods in bold-face type. These are the protective foods, and must be taken as indicated.

BREAKFAST	
1/2 small grapefruit (no sugar)	50
1 coddled egg	100
Coffee (milk instead of cream, no sugar)	25
LUNCH	
1 chicken sandwich with lettuce (no butter)	100
6 small stalks celery	16
1 glass milk	100
DINNER	
Tomato juice	25
1 slice tenderloin steak	200
Salad (1/2 cup cold slaw, lettuce)	50
1/4 cup spinach	10
1/4 cup green peas	34
1 glass milk	100
1/4 cup vanilla ice cream with 2 ginger snaps	140

Don't try to reduce too fast. A quarter of a pound a day is enough.

"By the way, Tom, where do you bank?"



BUSINESS MAN

"Same place, Joe—Bank of America"



TRAVELING SALESMAN

That's the answer you hear everywhere. From business executives who like a big bank with complete banking facilities. From traveling men who like the bank with statewide branches. From doctors and lawyers and merchants—from mechanics, plumbers and painters—from business women and housewives—from all comes the reply, "Bank of America".

BANK of AMERICA
NATIONAL TRUST & SAVINGS ASSOCIATION

MILKMAID HONORED FOR 16-POUND HAUL
TULARE, Calif. (U.P.)—Mary Pixley, brunet, had a cash prize of \$10 today to support her claim to championship honors as the world's most efficient milkmaid. She won the money and a joint hold on the title at the Tulare county fair when she obtained 16 pounds 8 ounces of milk in her pail during a milkmaids' contest.

CANADIAN SAWMILLS FOLLOW NRA CODES
VANCOUVER, B. C. (U.P.)—British Columbia shingle mills are operating under Uncle Sam's NRA code and are reported enthusiastic over increased prices and wages. Through arrangement between British Columbia and Washington shingle mill operators the north-erners are operating on a 61-hour a week basis.

DEL MONTE VACATION
Frank Paour and Wm. Golden are vacationing in Del Monte. The trip is a reward for splendid service given to a chosen few of the Metropolitan Insurance men from this district.

ROYAL NEIGHBORS PARTY
Torrance Camp Royal Neighbors will give a card party in the Torrance Social hall, corner of Torrance boulevard and Portola avenue, Tuesday evening, October 17. Prizes will be awarded for high scores in 500 and bunko, refreshments will be served. The public is invited to attend.

M. F. CIRCLE MEETINGS
Methodist Woman's Aid Society will hold their regular circle meetings, Tuesday, October 17, at 2:30 p. m.

CIRCLE NO. 1 will meet at the home of Mrs. F. Hopkins, 1511 Engracia avenue.
CIRCLE NO. 2 will meet at the home of Mrs. Schultz, 1916 Arlington.

PARTY AT LOS ANGELES HOME
Mr. and Mrs. John Miller, Mr. and Mrs. Charles Dell of Torrance, Mr. and Mrs. Francis Davies of Compton, Mr. and Mrs. Geo. L. Potteroff, Gardena, and Mr. and Mrs. Downs of Los Angeles, attended a card party recently given at the home of Mr. and Mrs. Frederick Carter in Los Angeles. Delicious refreshments were served after the card playing.

BAKE SALE
The Altar Society of the Nativity Catholic church held their regular meeting in the church last Thursday morning. At this meeting plans were completed for a bake sale, which will be held in the entrance to the store recently vacated by Paul Eby, Saturday morning, October 14.

CAR VICTIMS PAY LITTLE TO MEDICS
SALT LAKE CITY, Utah. (U.P.)—Automobile accidents are poor pay to the medical profession, Dr. Lewis, president of the American Medical Association, told a convention of that group here. Patients taken to hospitals from automobile accidents are usually retained for a longer period than other sick people. Dr. Lewis said. Yet the revenue from such accidents is far below diseases, maternity cases and others.

A&P FRESH PRODUCE
JONATHAN APPLES FANCY 3 lbs. 10c
CELERY Large Crisp Stalks ea. 5c
BANANAS FIRM RIPE 4 lbs. 19c
RUSSET POTATOES U.S. No. 1 10 lbs. 19c
GRAPES SWEET TOKAY 3 lbs. 10c
POTATOES Sweet 4 lbs. 15c

A&P QUALITY MEATS
VEAL ROAST SHOULDER lb. 12c
Prime Rib ROAST EASTERN GRAIN-FED lb. 17 1/2c
Pot Roast EASTERN GRAIN-FED BEEF lb. 10c
Link Sausage SWIFT'S BROOKFIELD PURE PORK 1/2 lb. 10c

GOLDEN STATE BUTTER lb. 22c

Hams CUDAHY'S PURITAN WHOLE OR FULL HALF lb. 15 1/2c
Bacon ARMOUR'S EASTERN SUGAR CURED BY THE PIECE Sliced lb. 15c
Pork Roast SHOULDER EASTERN GRAIN-FED lb. 10c

LAMB LEGS GENUINE 1933 SPRING SHOULDER lb. 12 1/2c Lge. Loin or Rib Chops lb. 19c BREST for STEW lb. 5c

PRICES EFFECTIVE THURSDAY, FRIDAY AND SATURDAY, OCTOBER 12, 13, 14, 1933.

THE GREAT ATLANTIC & PACIFIC TEA COMPANY

Patronize These Advertisers